

# MENTAL HEALTH AND ADDICTIONS ADVISORY COUNCIL

## MINUTES

**November 30, 2010**

**ATTENDANCE:** Nathaniel Byrd; Honorable Judge Mimi Cooper; Sheryl Deares; Warden Elwood DeHaven; Sandy Holmes; Beth Jones; Robin Keener; Susan Kelly; Kathy Kraft; Sharon Lipford; Diane Lutz; Patrick McCracken; Jim Ports; Christin Rocha; Joe Ryan; Carol Taylor; and Patricia Thompson.

**Robin Keener** called the meeting to order and chaired the meeting.

**Action Taken:** Robin called for a vote on the Office on Mental Health Core Service Agency FY12 Annual Plan Update. The board unanimously voted to approve the plan and submit the letter of acceptance to the Mental Hygiene Administration. Attached in the minutes is a copy of the letter submitted.

**Robin Keener** stated the minutes of September 28, 2010 were approved online.

**Patricia Thompson** from Upper Chesapeake Health System's Behavioral Health Unit was invited as a guest speaker. **Patricia Thompson** stated that they have 25 beds which can be used for certified or voluntary patients. Most of the admissions come from the emergency room. Upper Chesapeake and Harford Memorial have on call emergency evaluators; during the day there is a full time evaluator. Once the patient is evaluated in the ER, then the physician decides whether the patient will be admitted. Once the patient is admitted we have 3 social workers to secure outpatient care for the patient. **Patricia Thompson** states she does struggle with transportation in the northern part of the county getting patients back to where they came from, or for treatment.

**Sharon Lipford** states that Core Service Agency works very closely with the staff and they do an excellent job.

**Robin Keener** states if they are suicidal or drug and alcohol related, where the hospital goes from there.

**Patricia Thompson** states if it is drug and alcohol related, they will not be admitted for that. We usually have dual diagnosis, which 90% of the patients are. The average stay is 4 days and they are referred to resources.

**Christin Rocha** states they are dealing with more dual diagnosis. **Christin Rocha** states patients do want to go to inpatient and then she has some that do not want to go to inpatient. She is seeing a lot of patients who are being followed by pain management specialists. **Christin Rocha** states some patients are doing what they are supposed to be doing, but some, unless investigative work is done, they are unaware of what the patient

is doing. Some patients who are in need of psychiatric evaluation are not receiving them. **Christin Rocha** questions if they can go inpatient to receive evaluations.

**Patricia Thompson** states inpatient are for those in crisis, intervention, and immediate health. Most of the time insurances will not pay for someone who comes in for just addiction issues, and even if they do get admitted the stay is for an average of 4 days or less. Patients who are not homicidal or suicidal will not be admitted.

**Patricia Thompson** states that there are people who have mental health issues on that crisis end and do not want help.

**Sharon Lipford** states that those people who do not have Medical Assistance it becomes very difficult to get them the treatment they need. If they have Medicare, it is like having no insurance at all because Medicare does not cover mental health services at least in the community. The levels of services available for those who do not have insurance are slim to none unless it gets to that crisis point. For those who have private insurance, they cannot even pay their co-pay.

**Patricia Thompson** states this coming year we will be starting an intensive outpatient program. They will accept people without insurance. They hope to have it up and running by the beginning of the 2<sup>nd</sup> quarter. **Christin Rocha** asks if it will be for patients with dual diagnosis. **Patricia Thompson** states yes it will be for those people who do not meet the criteria for inpatient. It will be making a bridge between there and trying to keep them out of the hospital. It will run 5 days a week, 3 hours a day. **Judge Mimi Cooper** asks where it will run out of. **Patricia Thompson** states it will run out of Harford Memorial Hospital.

**Joe Ryan** states one of the issues he has is when children, who are heroin addicts, are taken to the emergency room are treated and discharged, go home and overdose and die. He feels there is a disconnection in the emergency room where the parents are not receiving information needed and the protocol is being misunderstood. How can we bridge that, could we get an addictions specialist in the emergency room?

**Patricia Thompson** states Dr. Barrueto is in charge of the Emergency Room and she will address the issue with Dr. Barrueto.

**Kathy Kraft** states if it is more of a medical concern or an educational concern.

**Judge Mimi Cooper** states it would be more of an educational concern with constant repetitive information from doctors and nurses to the patient.

**Patricia Thompson** states if there is anyone else besides ACR who provides a 24 hour hotline.

**Christin Rocha** states she thinks there needs to be another resource to take on crisis. She states possibly giving the patient a packet in the hospital with resources to call. **Judge Mimi Cooper** disagrees. **Christin Rocha** states the family isn't listening at that point.

**Judge Mimi Cooper** states that during the transitional stage, there should be someone there such as a social worker. **Judge Mimi Cooper** states when the family receives the papers, they are in denial. **Judge Mimi Cooper** states if there has ever been a gap that needs a good filling, this would be it to work as a group together to help the families during those steps would be fabulous.

**Sharon Lipford** questions what the need is, and what the council would like to see.

**Judge Mimi Cooper** states ACR, Mobile Crisis, Christin Rocha, or any member of the council get the parent and child to the hospital, they can detox, and they can leave the hospital with the piece of paper that states follow-up with the doctor or health department.

**Robin Keener** stated first we need to detox, because the Emergency Room does not detox. **Judge Mimi Cooper** states if they are put in a medical unit for whatever it is they need, they are not being pushed out the door still under the substance.

**Joe Ryan** states once they are stabilized physically, they are discharged. That is where the problem comes in. Could a social worker call the next day to ensure an appointment is scheduled with an addictions counselor?

**Robin Keener** states if you can get the parents to agree to do it, Al-Anon and AA have a 24 hour hotline.

**Carol Taylor** states FACE-IT has an addictions booklet that has national and local numbers. There needs to be someone available that evening that the patient can talk to on the hotline. Getting something else in place besides ACR would be a good idea.

**Judge Mimi Cooper** states there are follow ups after a domestic violence call, for nursing mothers, there should be a follow up for an issue such as this.

**Christin Rocha** states that people in the medical field do not want to deal with addicts.

**Beth Jones** states if we could have a companion for the patient. **Kathy Kraft** states she will look into it.

**Joe Ryan** states it would be interesting to see how other medical systems handle this.

**Kathy Kraft** will look into it and ask to see how they fund it.

**Sharon Lipford** states it would be great if **Kathy Kraft** could obtain some numbers. **Kathy Kraft** will get the numbers for the council.

**Jim Ports** and **Nathanial Byrd** from Harford Transit were invited as guest speakers. **Jim Ports** states Harford Transit runs 9 routes, 3 are in Joppa, Edgewood and Aberdeen as well as Bel Air. The rest follow the Aberdeen, Edgewood, and up into Havre de Grace area into Bel Air and then back down forming a triangle. They have an Ondemand service that they offer as well.

**Robin Keener** states if you live in Street can you have the Ondemand service. **Jim Ports** states the federal government requires us to do ADA services, which is  $\frac{3}{4}$  of a mile off of our regular routes, so that would not apply.

**Jim Ports** states Harford Transit has a Statewide Special Transportation Assistance Program (SSTAP), and you have to apply and be on the list and go through the same ADA protocols. It is run through the county, it is a countywide program. The forms are online; call us so they can help walk you through the process. It is a first come, first serve basis, you can call 2 months ahead of time to reserve for a spot for a scheduled appointment.

**Judge Mimi Cooper** states if routes are regularly updated. **Jim Ports** states the routes do not change; they will be changing some shortly to try to accommodate the masses. When we do change the routes we have to have a public meeting.

**Judge Mimi Cooper** states if the website will contain everything brought to the meeting and the routes. **Jim Ports** stated yes, and the county website has download versions as well of the forms.

**Judge Mimi Cooper** states complaints she hears are the transportation opportunities available are limited to days and times, is there talk about expanding that to more days and longer times.

**Jim Ports** states not at this time, we operate Monday thru Friday from 6:00am to 6:00pm. We also have New Freedom which allows us to take people with disabilities, elderly, or low-income from 4:00pm to 8:30pm and that is a special grant.

**Judge Mimi Cooper** states if they keep numbers of rider usage. **Jim Ports** states yes and rider usage is shooting up because taxi service has been cut back, populating our buses using Route Match, and feeling heat from non-profits.

**Judge Mimi Cooper** states if anyone from the council wants to be part of the process of making the transportation infrastructure better, is there some meetings in the future that we can be involved in.

**Jim Ports** states there are a few things: Harford Transit works very closely with Sharon Grzanka and she has been getting us involved with mental health aspects and the disabilities community. We have monthly meetings with the disability community and we are marketing it much better so we can get more people involved. We also have

Transportation Management Advisory (TMA) groups who meet monthly who are from various departments who help to strategize. We are always open to talking to groups.

**Judge Mimi Cooper** states having Jim Ports talk to Parole and Probation agents to explain to them that you do not need to be disabled to use the bus, and to let them know of all of the options available to them.

**Jim Ports** states that at the beginning they struggled with the public not aware that we had a public transportation system. Through the LINK logo, they now know there is a bus system out there.

**Beth Jones** states if a person wants a ride after the regular hours and they qualify for New Freedom, would Harford Transit explain that to them. **Jim Ports** states yes.

**Judge Mimi Cooper** states if you have mental health training, could Jim Ports come speak. **Sharon Lipford** states that we could but Sharon Grzanka already speaks.

**Jim Ports** states what we have learned are that many people providing services did not know we had a bus system. We had to take baby steps, had to get the providers up and running, help them learn the bus schedules, how to utilize the system, and how to talk to clients on how to use the system. We are working close with the Core Service Agency with several trainings and are getting people acclimated to the bus system. We are working on a video for using as a training module. We are also re-doing our schedules, which will be coming out before the end of December.

**Judge Mimi Cooper** states if **Jim Ports** could coordinate with the District Court Administrative clerk so they have copies of the schedule at the courthouse. **Jim Ports** states they will. The schedule will be all over the county.

**Jim Ports** states they will be working with the schools, especially college kids.

**Patricia Thompson** states the late hours would be helpful if they could be expanded for those who work late hours or attend school late. That is one of the biggest complaints is not having transportation at those late hours.

**Sharon Lipford** states needing a stop near the Giant or North Park Centre near the Detention Center. The Park-N-Ride would be a prime location.

**Warden Elwood DeHaven** states that the public shows concern of the stopping at the detention center.

**Susan Kelly** states to **Jim Ports** what would prompt him to change the route. **Jim Ports** stated right now it is very difficult because we had to cut back on service, we have no Saturday service. There is no way to expand right now and we are looking to change some routes. As ridership increases and we get more money from the state then we will try to expand.

**Sharon Lipford** states that we have to vote on the Mental Health Plan. Goals that have been added include working together on healthcare reform and bringing in an expert to help us get an understanding of what it means for the integration of mental health and substance abuse treatment.

**Christin Rocha** states if transportation is in our goals. **Sharon Lipford** states yes. **Sharon Lipford** states next year we will have to redo the whole plan.

**Joe Ryan** states call for a vote. The council approves of the Mental Health Plan.

**Robin Keener** states if we have speakers and we run over 9:00 if it is a problem we continue. **Joe Ryan** states to continue.

**Christin Rocha** states Dr. Saldanha would like to join the council. **Joe Ryan** states we have to update the membership list, and we can welcome her to the council.

**Joe Ryan** states on November 13 we participated in the American Medical Chest Challenge and we had 1,200 pounds of prescription drugs turned in. The Drug Abuse Administration is putting out a supplemental grant for prevention of underage drinking. The grant is due April 15. Joe will be needing data for the grant and the Bel Air area will be looked at.

**Sharon Lipford** states if **Joe Ryan** would like to talk about the Addiction Prevention National Conference. **Joe Ryan** states that the Addiction Prevention National Conference is what rolled out the grant, and it was a 2 day conference. A lady at the conference stated that 40% of kids cannot obtain a job because they cannot pass a urinalysis test. Phone calls about SPICE are going out. The FDA put out regulations that SPICE is illegal to sell, it is synthetic marijuana and is a hallucinogenic and causes your lungs to collapse.

**Warden Elwood DeHaven** states Correctional Officer Teresa Testerman passed away.

**Beth Jones** states Kerry Smith's mother passed away.

**Susan Kelly** states she appreciated the Warden's help in obtaining data for the HOPE project.

**Adjournment**